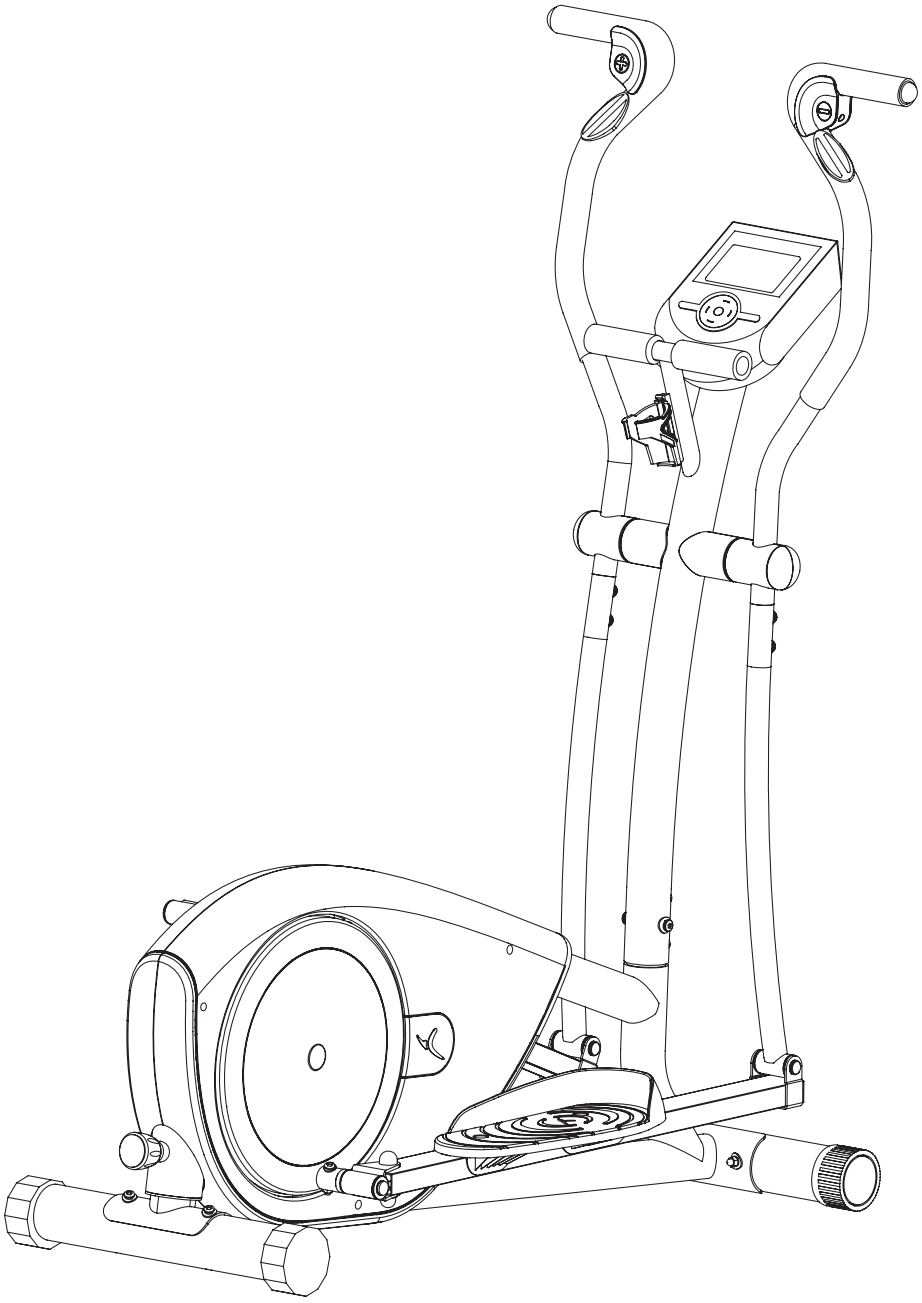
VE 580

DiS
Domyos Interactive System

NOTICE D'UTILISATION
OPERATING INSTRUCTIONS
MODO DE EMPLEO
GEBRAUCHSANWEISUNG
ISTRUZIONI PER L'USO
GEBRUIKSHANDLEIDING
MANUAL DE UTILIZAÇÃO

INSTRUKCJA UŻYTKOWANIA
HASZNÁLATI ÚTMUTATÓ
ИНСТРУКЦИЯ ПО ИСПОЛЬЗОВАНИЮ
INSTRUCȚIUNI DE UTILIZARE
NÁVOD NA POUŽITIE
NÁVOD K POUŽITÍ
BRUKSANVISNING

УПЪТВАНЕ ЗА ИЗПОЛЗВАНЕ
KULLANIM KILAVUZU
ІНСТРУКЦІЯ ВИКОРИСТАННЯ
دليل الاستخدام
使用说明



DOMYOS

VE 580

DiS
Domyos Interactive System

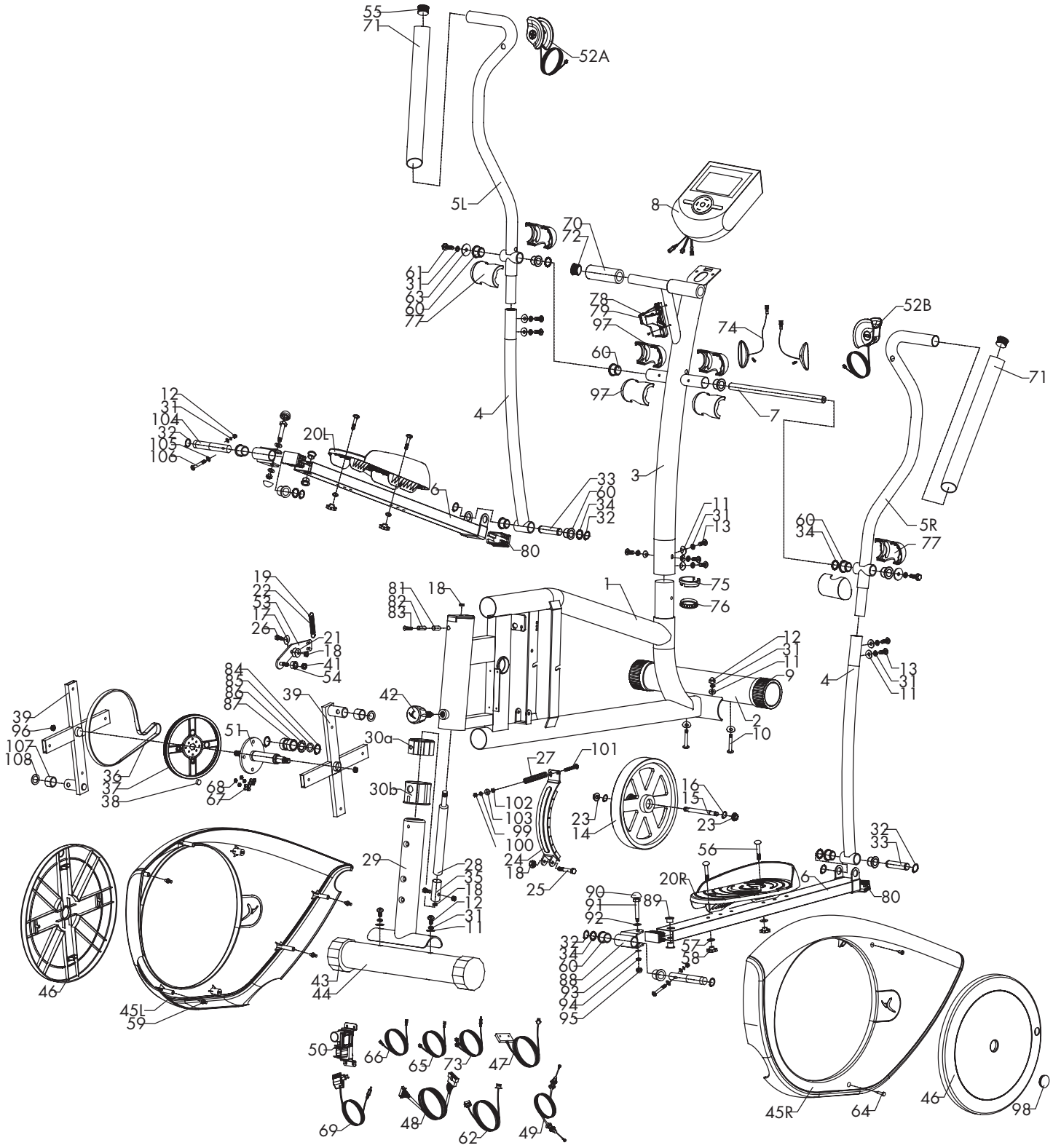
Notice à conserver
Keep these instructions
Conservar instrucciones
Bitte bewahren Sie diese Hinweise auf
Istruzioni da conservare
Bewaar deze handleiding
Instruções a conservar
Zachowaj instrukcję
Őrizze meg a használati útmutatót
Сохранить инструкцию
Păstrați instrucțiunile
Návod je potrebné uchovať
Návod je třeba uchovat
Spara bruksanvisningen
Запазете упътването
Bu kılavuzu saklayınız
Збережіть цю інструкцію
دليل يجب الاحتفاظ به
请妥善保存说明书

DOMYOS

DECATHLON - 4, Boulevard de Mons - 59665 Villeneuve d'Ascq - France

decathlon creation©

www.decathlon.com Made in China - Hecho en China 中國製造 - Произведено в Китае
Réf. pack : 1051.141 - CNPJ : 02.314.041/0001-88 - 合格品


55
71
52A
5L
8
70
72
61
31
63
60
77
78
79
97
74
52B
71
60
97
4
7
12
31
104
32
105
106
20L
6
33
60
34
32
80
3
11
31
13
60
34
5R
77
75
76
1
19
22
53
17
26
21
18
41
54
81
82
83
18
12
31
11
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4
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31
11
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42
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96
107
108
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30a
30b
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45L
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56
20R
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73
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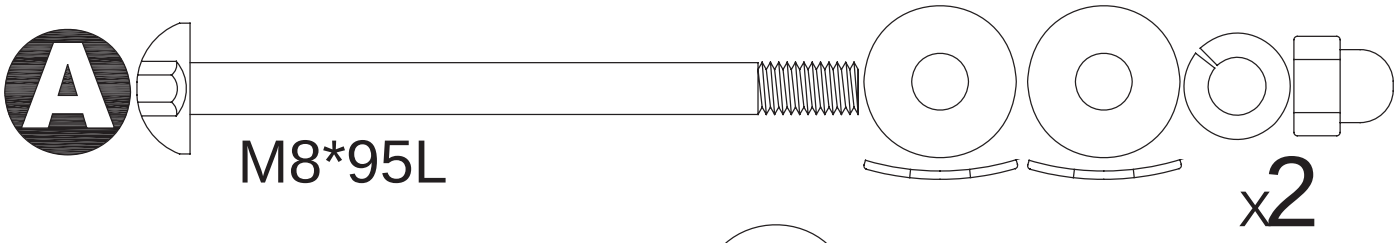
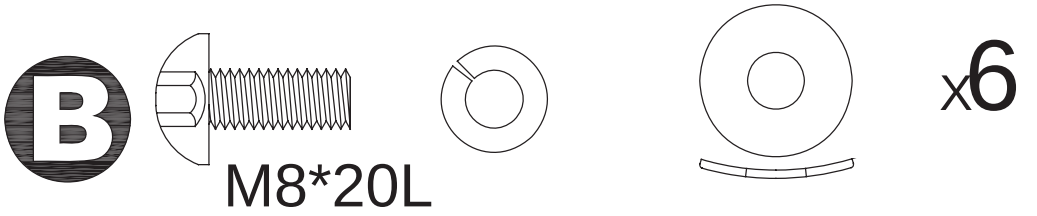
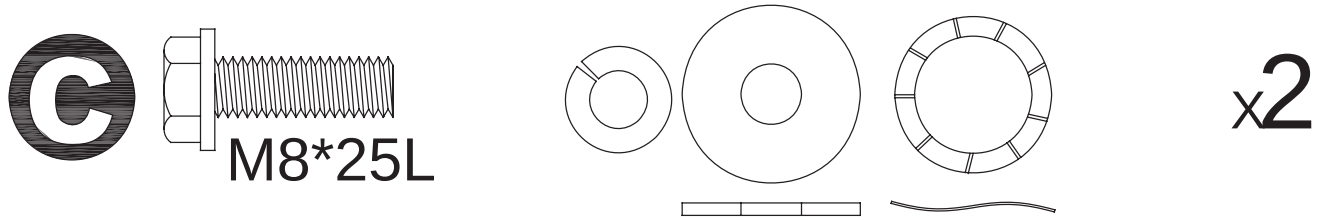
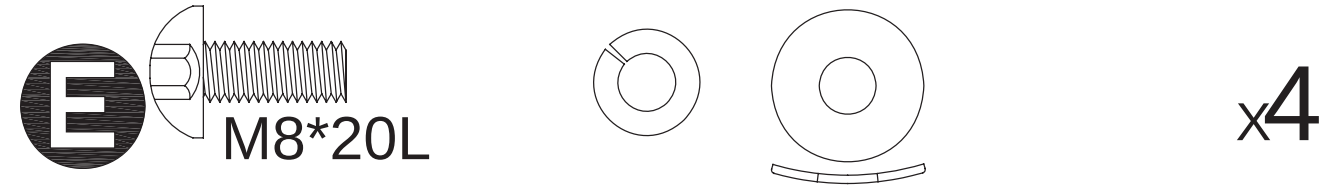
62
49
45R
64
46
98


A
M8*95L
x2

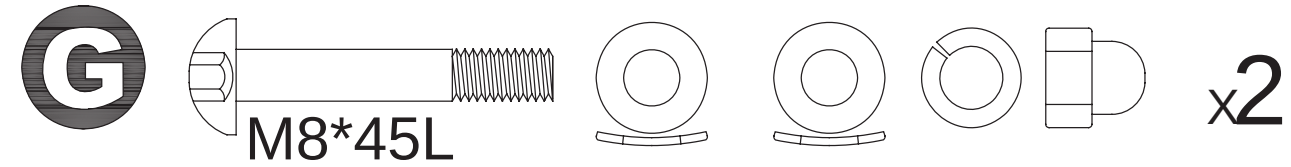

B
M8*20L
x6

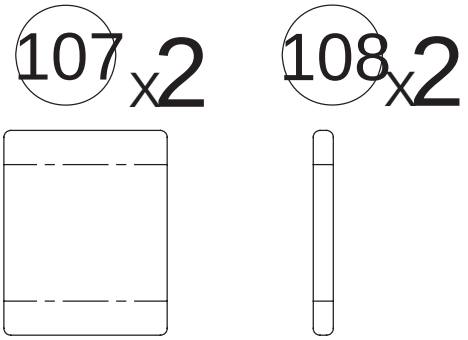

C
M8*25L
x2

D
M8*45L
x4

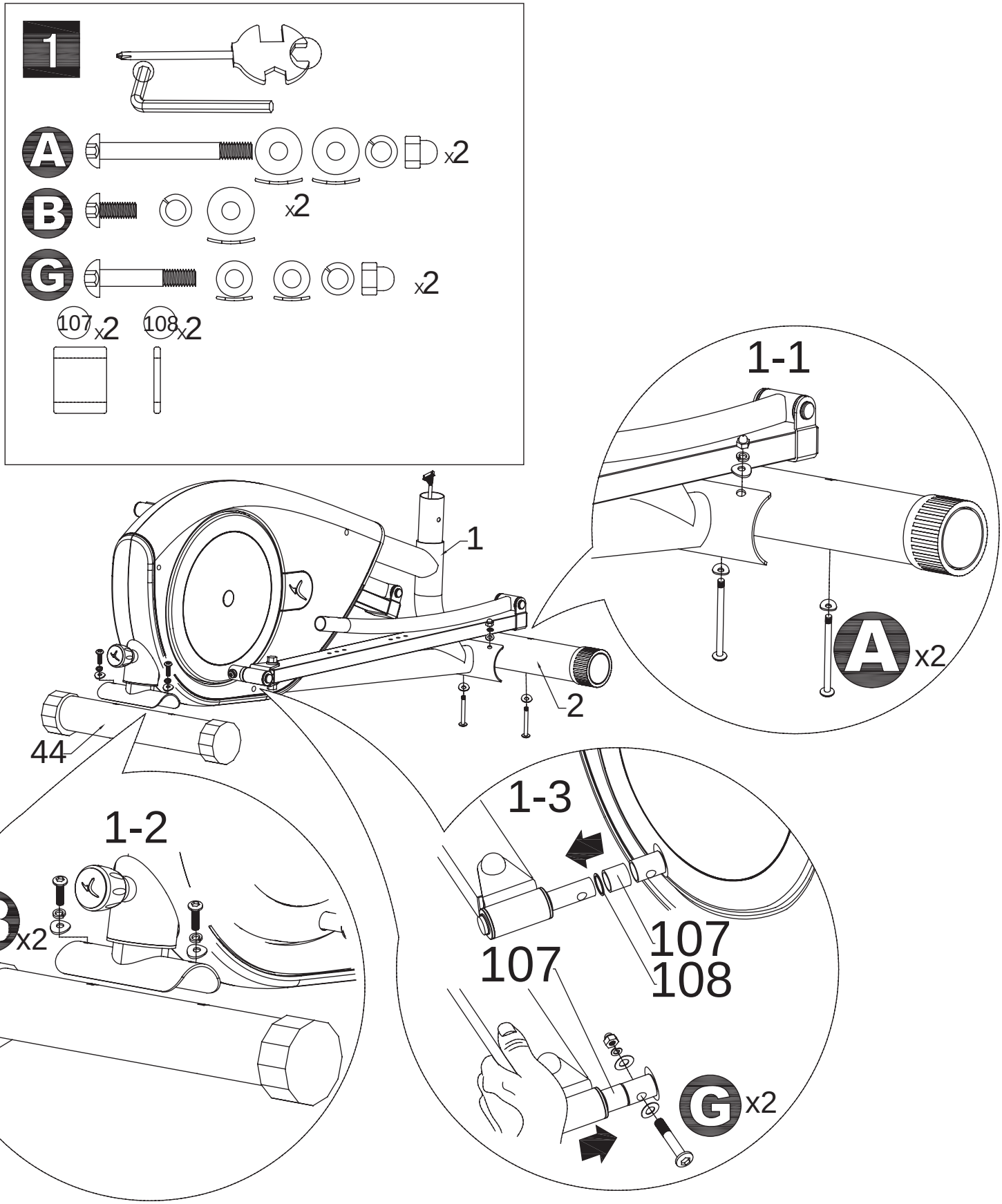

E
M8*20L
x4

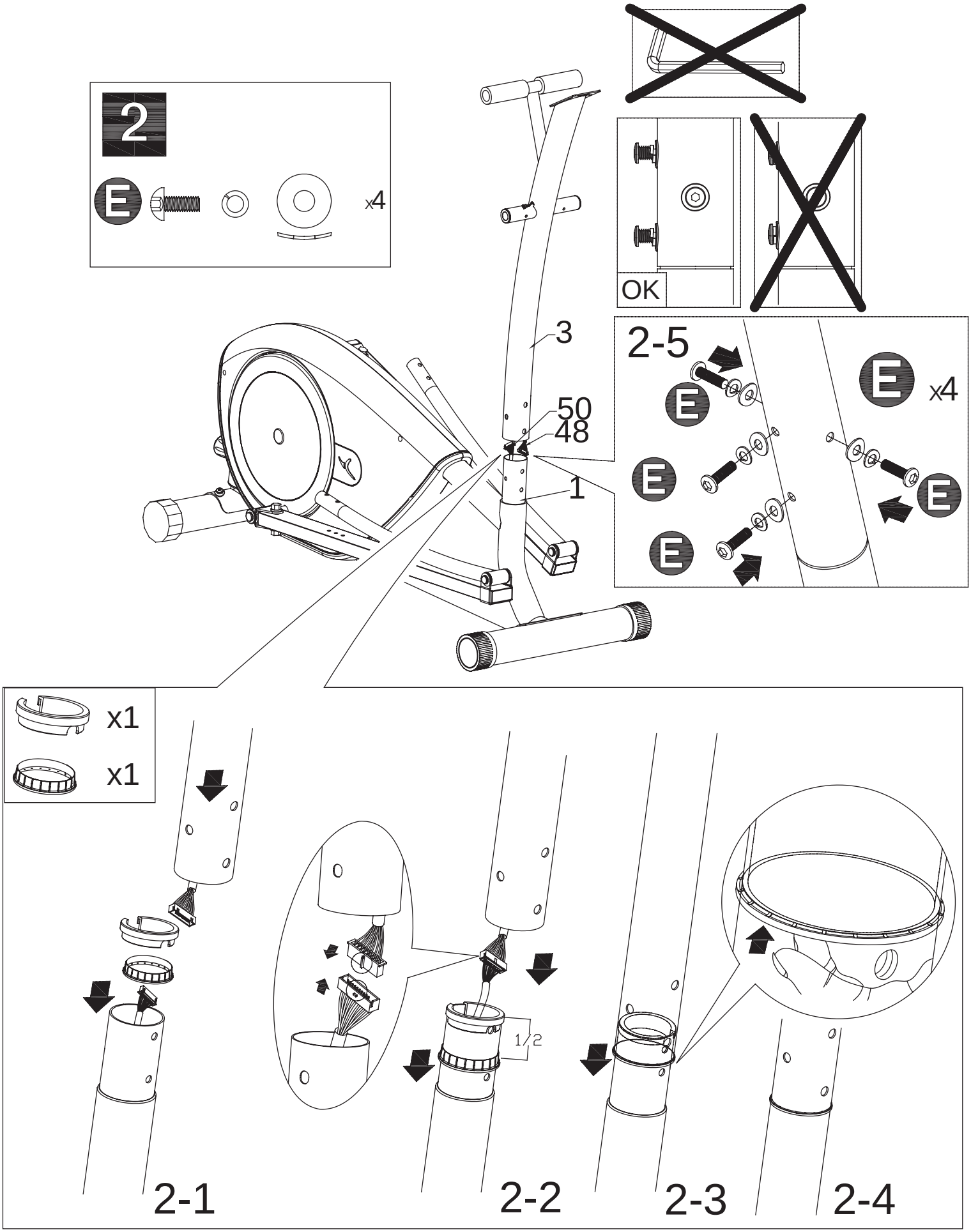
F
M5*15L
x2

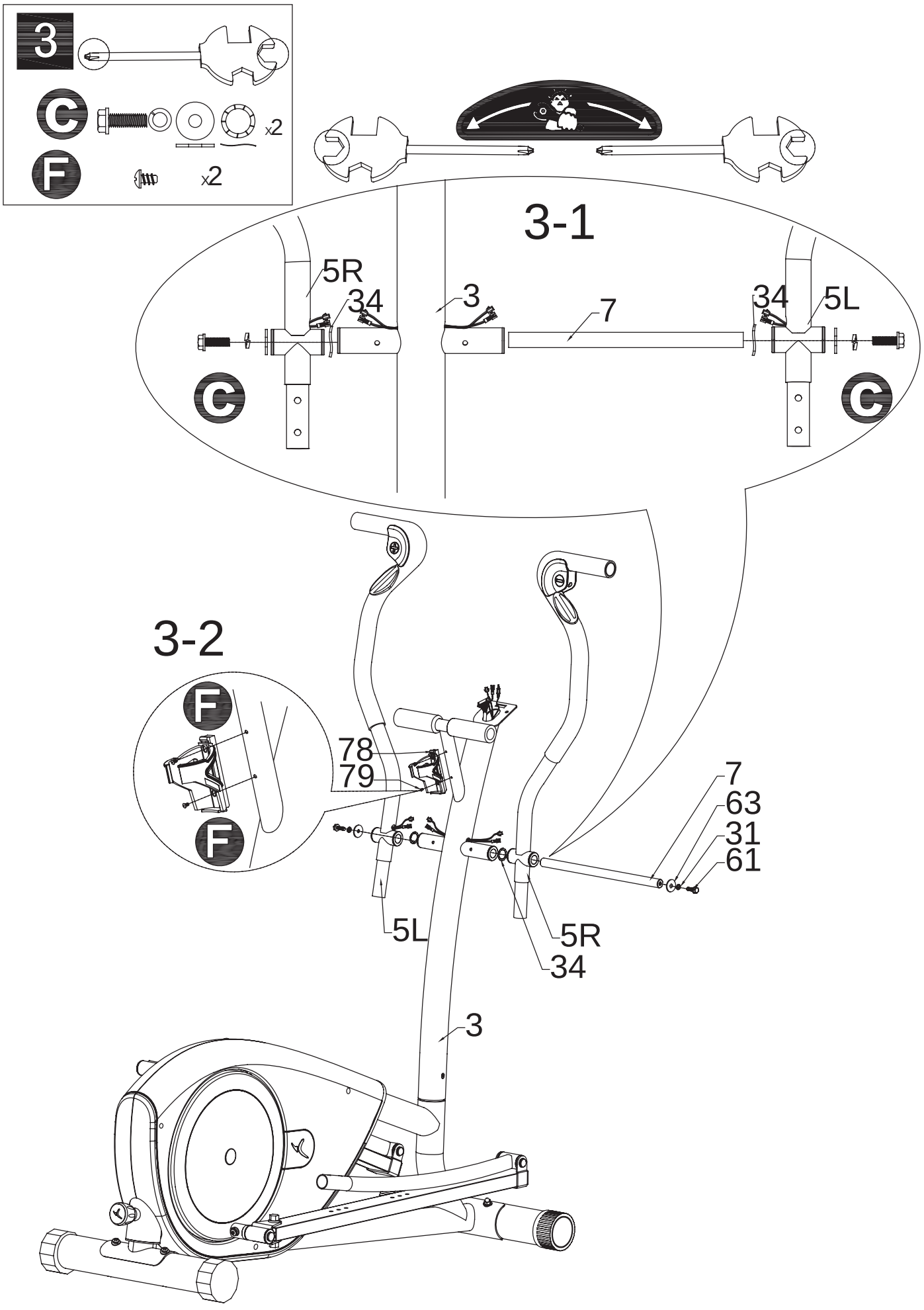

G
M8*45L
x2

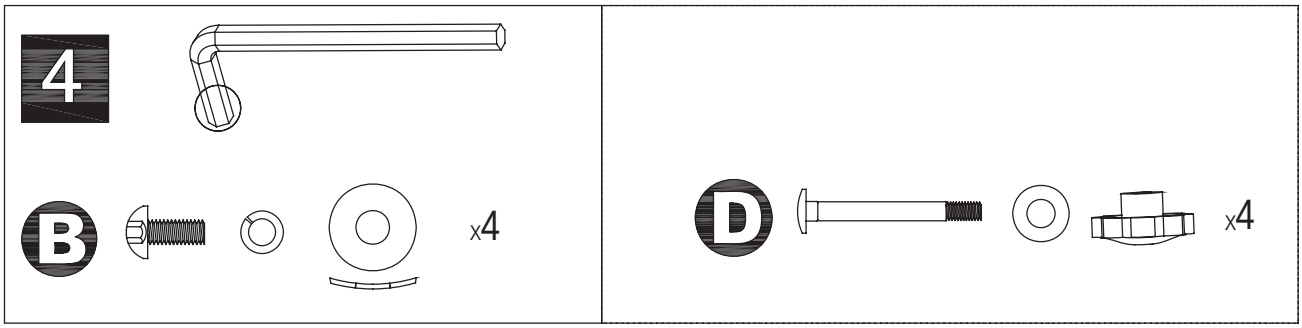

107
x2
108
x2

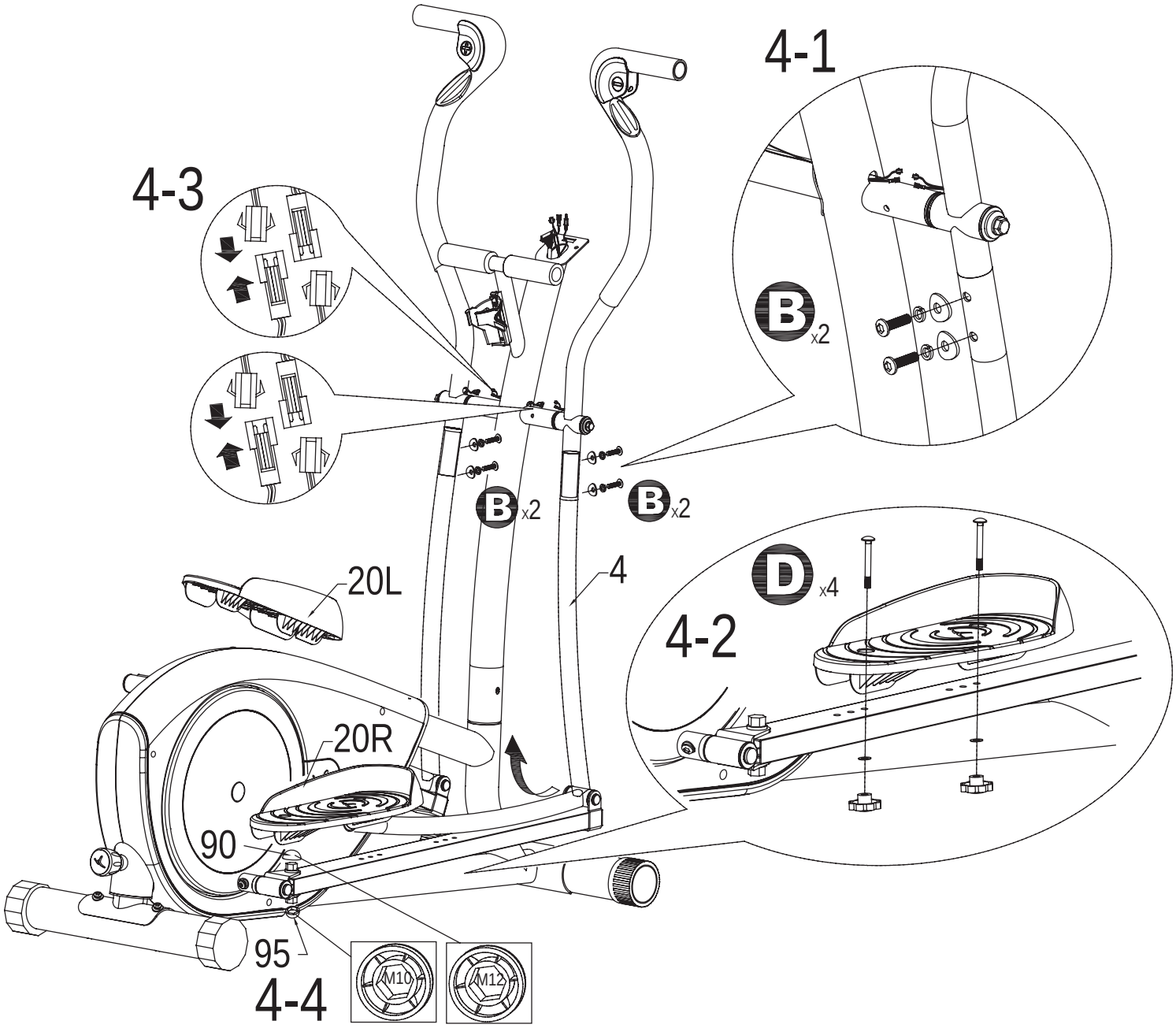
x2
x1


1
A x2
B x2
G x2
107 x2
108 x2
1-1
A x2
1
2
44
1-2
B x2
1-3
107
107
108
G x2

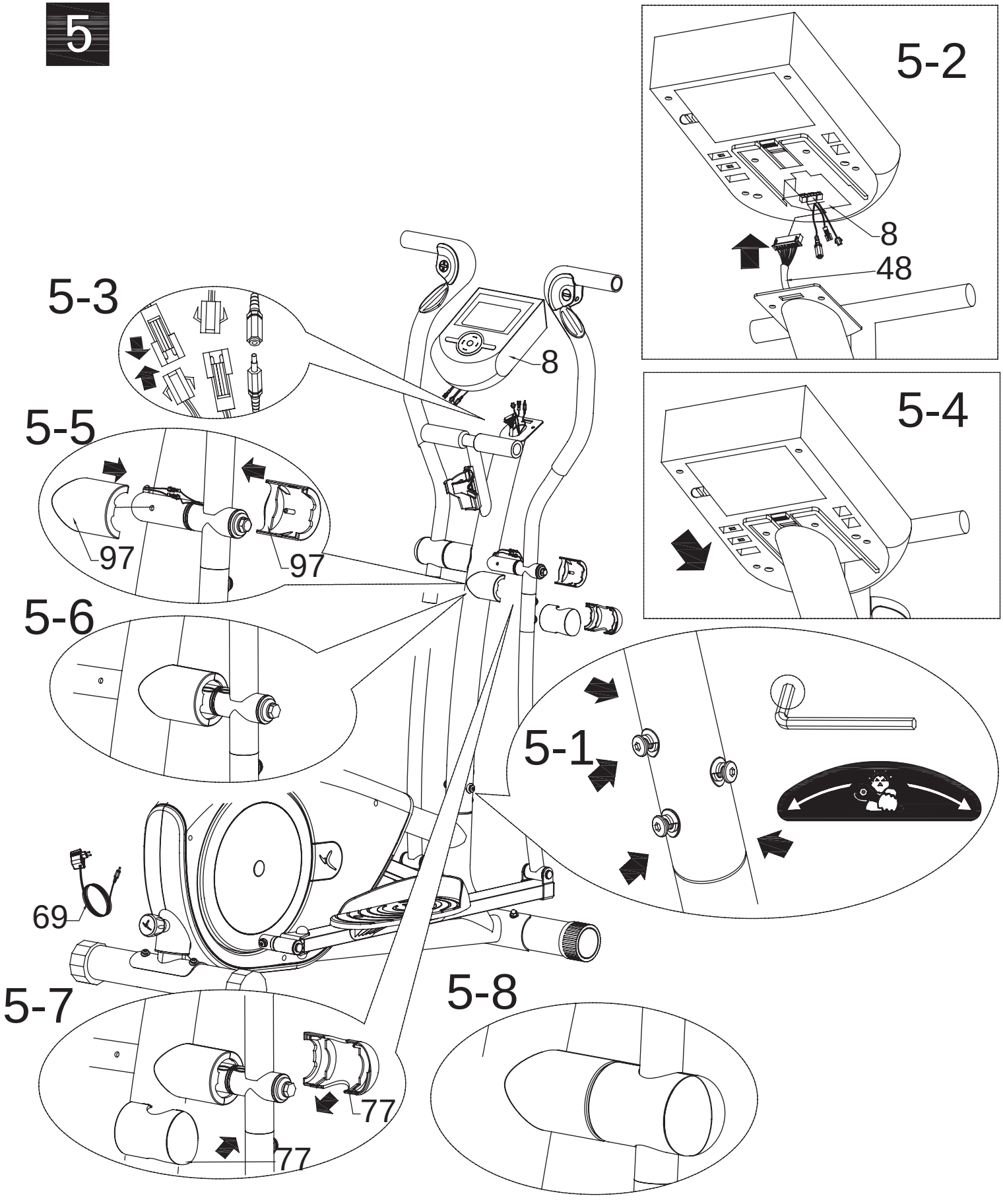

2
E
x4
OK
3
50
48
1
2-5
E
x4
x1
x1
1/2
2-1
2-2
2-3
2-4

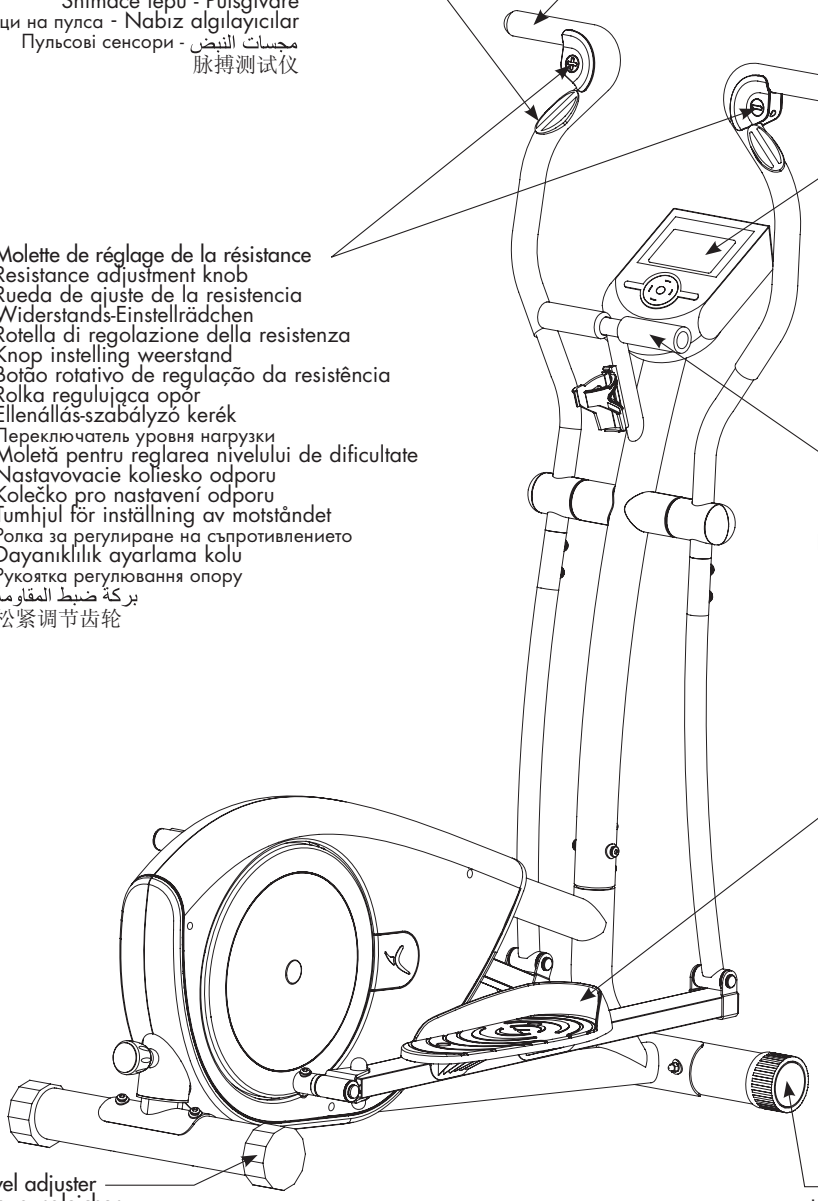

3
C
x2
F
x2
3-1
5R
34
3
7
34
5L
C
C
3-2
F
F
78
79
7
63
31
61
5L
5R
34
3


4
B
x4
D
x4


4-1
B x2
4-3
B x2
B x2
20L
4
D x4
4-2
20R
90
95
M10
M12
4-4

5





Capteurs de pulsations - Pulse sensors
Sensores de pulso - Pulssensoren
Sensori di pulsazioni - Hartslagsensoren
Sensores de pulsações - Czujniki pulsu
Pulzusszám-érzékelők - Датчики пульса
Captatori de pulsaţii - Snímač pulzu
Snímače tepu - Pulsgivare
Датчици на пулса - Nabız algılayıcılar
Пульсові сенсори - مجسات النبض
脉搏测试仪

Guidon mobile - Mobile handlebars - Manillar móvil
Mobiler Lenker - Manubrio mobile - Beweegbaar stuur
Guiador móvel - Kierownica ruchoma - Mozgatható kormány
Подвижный руль - Ghidon mobil - Mobilné riadidlá
Pohyblivá řidítka - Rörligt styre - Подвижно кормило
Hareketli gidon - Рухоме кермо - مقود متحرك
移动式手把

Console - Console
Consola - Konsole
Console - Console
Consola - Konsola
Műszerfal - Дисплей
Consolă - Konzola
Konzole - Konsol
Табло - Konsol
Приставка - الكونسول
控制面板

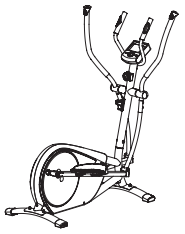
Molette de réglage de la résistance
Resistance adjustment knob
Rueda de ajuste de la resistencia
Widerstands-Einstellrädchen
Rotella di regolazione della resistenza
Knop instelling weerstand
Botão rotativo de regulação da resistência
Rolka regulująca opór
Ellenállás-szabályzó kerék
Переключатель уровня нагрузки
Moletă pentru reglarea nivelului de dificultate
Nastavovacie koliesko odporu
Kolečko pro nastavení odporu
Tumhjul för inställning av motståndet
Ролка за регулиране на съпротивлението
Dayanıklılık ayarlama kolu
Рукоятка регулювання опору
بركة ضبط المقاومة
松紧调节齿轮

Guidon fixe - Fixed handlebars
Manillar fijo - Fester Lenker
Manubrio fisso - Vast stuur
Guiador fixo - Kierownica stała
Rögzített kormány - Неподвижный руль
Ghidon fix - Fixné riadidlá
Pevně zafixovaná řidítka - Fast styre
Фиксирано кормило - Sabit gidon
Нерухоме кермо - مقود ثابت
固定式手把

Pédale - Pedal
Pedal - Pedal
Pedale - Pedaal
Pedal - Pedał
Pedál - Педаль
Pedală - Pedál
Šlapky - Pedal
Педал - Pedal
Педаль - البدال
踏板

Compensateur de niveau - Level adjuster
Compensador de nivel - Niveauausgleicher
Compensatore di livello - Stelschroef niveau
Compensador de nível - Regulacja poziomu
Szintbe állítás - Компенсатор неровности пола
Compensator de nivel - Vyrovnávací kompenzátor
Kompenzátor úrovně - Nivåkompensator
Компенсатор на нивото - Seviye denkleştirici
Зрівнювач рівню - معدل المستوى
水平补偿器

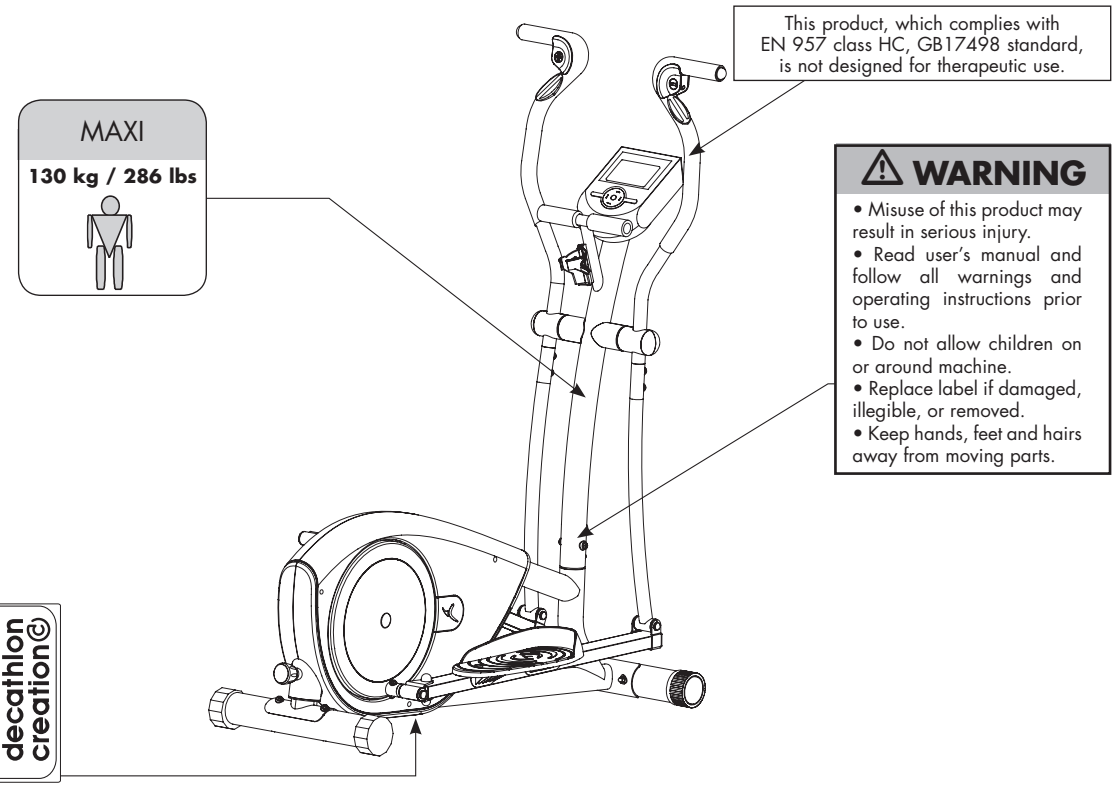
Roulettes de déplacement - Castors
Ruedas de desplazamiento - Transportrollen
Rotelle di spostamento - Transportwieltjes
Rodinhas de deslocação - Rolki transportowe
Görgők a mozgatáshoz - Транспортировочные колесики
Rotiţe de deplasare - Premiestňovacie kolieska
Přemísťovací kolečka - Flytthjul
Колелца за преместване - Hareket tekerlekleri
Коліщатка для пересування - عجلات التحريك
移动滚轮



VE 680

49 kg
108 lbs

120 x 58 x 150 cm
47,2 x 22,8 x 59 inch


This product, which complies with EN 957 class HC, GB17498 standard, is not designed for therapeutic use.
MAXI
130 kg / 286 lbs
⚠ WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.
• Keep hands, feet and hairs away from moving parts.
DOMYOS
DECATHLON
4, bd de Mons, 59 650 Villeneuve d'Ascq - FRANCE
: +00 33 (0) 320335000
Stds : EN 957-1,2
Code:XXXXX
MADE IN CHINA
HECHO EN CHINA
中国 制造
Произведено в Китае
DP Shanghai
STT :XXXXXXX
Prod : XXXXXXXXX
WW-YY
CNPJ: 02.314.041/0001-88
decathlon creation

AVERTISSEMENT

- Tout usage impropre de ce produit risque de provoquer des blessures graves.
- Avant toute utilisation, veuillez lire attentivement le mode d'emploi et respecter l'ensemble des avertissements et instructions qu'il contient.
- Ne pas permettre aux enfantsd'utiliser cette machine et les tenir éloignés de cette dernière.
- Si l'autocollant est endommagé, illisible ou manquant, il convient de le remplacer.
- Ne pas approcher vos mains,pieds et cheveux de toutes les pièces en mouvement.

ADVERTENCIA

- Cualquier uso impropio de este producto puede provocar heridas graves.
- Antes de cualquier utilización, lea atentamente el modo de empleo y respetar todas las advertencias e instrucciones que contiene.
- No permitir a los niños utilizar esta máquina y mantenerlos alejados de la misma.
- Si faltase la pegatina, o si la misma estuviera dañada o ilegible, conviene sustituirla.
- No acercar sus manos, pies y cabello de todas las piezas en movimiento.

WARNHINWEIS

- Jede unsachgemäße Benutzung dieses Produktes kann schwere Verletzungen zur Folge haben.
- Vor jedem Gebrauch bitte diese Gebrauchsanweisung aufmerksam lesen und alle darin enthaltenen Warnhinweise und Anweisungen befolgen.
- Kindern ist die Benutzung dieser Maschine zu untersagen und sie sind davon fernzuhalten.
- Ist der Aufkleber beschädigt, unleserlich oder nicht mehr vorhanden, muss er ersetzt werden.
- Ihre Hände, Füße und Haare von allen drehenden Teilen fernhalten.

AVVERTENZA

- Ogni uso improprio del presente articolo rischia di provocare gravi incidenti
- Prima di qualsiasi utilizzo, vi preghiamo di leggere attentamente le istruzioni per l'uso e di rispettare le avvertenze e le modalità d'impiego.
- Tenere i bambini lontani dalla macchina e non permettere loro di utilizzarla.
- Se l'etichetta è danneggiata, illeggibile o assente, occorre sostituirla.
- Non avvicinare mani, piedi e capelli ai pezzi in movimento.

WAARSCHUWING

- Onjuist gebruik van dit product kan ernstige verwondingen veroorzaken.
- Voordat u het product gaat gebruiken, moet u de gebruiksaanwijzing lezen en alle waarschuwingen en instructies die hij bevat toepassen.
- Deze machine niet door kinderen laten gebruiken en niet in de buurt ervan laten komen.
- Als de sticker beschadigd, onleesbaar of afwezig is, moet hij vervangen worden.
- Uw handen, voeten of haar niet in de buurt van de bewegende delen brengen.

AVISO

- Qualquer utilização imprópria deste produto comporta o risco de causar danos graves.
- Antes de cada utilização, leia atentamente as instruções de utilização e respeite o conjunto dos avisos e instruções incluídas.
- Mantenha este aparelho afastado das crianças e não permita a sua utilização por estas.
- Se o autocolante estiver danificado, ilegível ou ausente, é conveniente substituí-lo.
- Não aproxime as suas mãos, pés e cabelos das peças em movimento.

UWAGA

- Nieprawidłowe użytkowanie produktu może być przyczyną wypadków.
- Przeczytaj instrukcję obsługi i przestrzegaj wszystkich zaleceń i instrukcji.
- Nie zezwalaj dzieciom na zabawę na i w pobliżu urządzenia.
- Wymień etykiety w przypadku uszkodzenia, nieczytelności lub ich braku.
- Nie zbliżać rąk, nóg i włosów do elementów w ruchu.

FIGYELMEZTETÉS

- A szerkezet helytelen használata súlyos sérülésekhez vezethet
- Használat előtt olvassa el a felhasználói kézikönyvet és tartson be minden figyelmeztetést, illetve használati útmutatást
- Ne hagyja, hogy a gyerekek a gépre vagy közelébe kerüljenek
- Cserélje ki a címkét, ha sérült, olvashatatlan vagy hiányzik
- Tartsa távol a kezeket, lábakat, a hajat a mozgó alka wtrészektől

Предупреждение

- Некорректная эксплуатация данного изделия может вызвать тяжелые поражения
- Перед использованием внимательно прочитайте инструкцию по эксплуатации
- Соблюдайте все предосторожности и рекомендации, которые содержит этот документ
- Не позволяйте детям использовать эту машину. Не допускайте детей близко к аппарату.
- Если клейкая этикетка повреждена, стерта или отсутствует, ее необходимо заменить
- Необходимо следить за тем, чтобы руки, ноги и волосы находились вдали от движущихся частей аппарата

ATENȚIE

- Utilizarea necorespunzătoare a acestui produs riscă să provoace răniri grave.
- Înainte de utilizare, vă rugăm să citiți cu atenție modul de folosire și să respectați toate
- Atenționările și instrucțiunile pe care acesta le conține.
- Nu permiteți copiilor să utilizeze această mașină și țineți-i departe de aceasta.
- Dacă autocolantul este deteriorat, ilizibil sau lipsește, este indicat să-l înlocuiți
- Nu vă apropiați mâinile, picioarele și părul de piesele în mișcare.

UPOZORNENIE

- Akékoľvek nevhodné použitie tohoto výrobku môže vyvolať vážne poranenia.
- Pred akýmkoľvek použitím výrobku si starostlivo prečítajte návod na použitie a rešpektujte všetky upozornenia a pokyny, ktoré sú tu uvedené.
- Nedovoľte deťom, aby tento prístroj používali a približovali sa k nemu.
- V prípade, že je samolepiaci štítok poškodený, nečitateľný alebo štítok chýba na výrobku, je potrebné ho vymeniť.
- Nepribližujte ruky, nohy a vlasy k súčiastkam, ktoré sa pohybujú.

UPOZORNĚNÍ

- Jakékoliv nevhodné použití tohoto výrobku může způsobit vážná poranění.
- Před jakýmkoliv použitím výrobku si pečlivě pročtěte návod k použití a respektujte všechna upozornění a pokyny, která jsou zde uvedena.
- Zabraňte dětem, aby tento přístroj používaly a přibližovaly se k němu.
- Jestliže je samolepicí štítek poškozen, je nečitelný nebo na výrobku chybí, je nutné jej vyměnit.
- Nepřibližujte ruce, nohy a vlasy k pohybujícím se součástkám.

VARNING

- Felaktig användning av denna produkt riskerar att förorsaka allvarliga personskador.
- Läs noga bruksanvisningen innan du använder produkten och ta hänsyn till alla varningar och instruktioner som den innehåller.
- Låt inte barn använda denna maskin och håll dem på avstånd från den.
- Om dekalen är skadad, oläslig eller saknas, måste den ersättas med en ny.
- Låt inte händerna, fötterna eller håret komma i närheten av rörliga delar.

ПРЕДУПРЕЖДЕНИЕ:

- Всяко неправилно използване на този продукт може да доведе до сериозни наранявания.
- Преди да използвате продукта, моля прочетете внимателно начина на употреба и спазвайте всички предупреждения и инструкции, които той съдържа.
- Не позволявайте тази машина да бъде използвана от деца и ги дръжте на разстояние от нея.
- Ако самозалепващата лента е повредена, нечетлива или липсва, тя трябва да бъде сменена.
- Не доближавайте ръцете, краката и косите си до движещите се части.

UYARI

- Bu ürünün herhangi bir yanlış kullanımı ağır yaralara yol açabilir.
- Her kullanımdan önce, kullanım yöntemini dikkatle okumanız ve içindeki tüm uyarı ve talimatlara uymanız gerekir.
- Çocukların bu makineyi kullanmalarına izin vermeyin ve onları bu makineden uzak tutun.
- Yapışkan etiket zarar görmüş, okunaksız veya mevcut değilse, yenisi ile değiştirilmesi uygun olacaktır.
- Ellerinizi, ayaklarınızı ve saçlarınızı hareket halindeki parçalara yaklaştırmayın.

ЗАСТЕРЕЖЕННЯ

- Всяке не відповідне застосування виробу утворює ризик тяжких поранень.
- Перед застосуванням прочитайте інструкцію використання та дотримуйтеся усіх попереджень та порад, які вона містить.
- Не дозволяйте дітям користатися цим апаратом та не підпускайте їх близько до нього.
- Якщо наклейка пошкоджена, нерозбірлива або відсутня, треба її замінити.
- Не наближайте руки, ноги та волосся до деталей, що рухаються.

تحذير

- عدم استخدام هذا المنتج بشكل سليم قد يسبب في إصابة خطيرة.
- قبل الاستخدام احرص على قراءة دليل الاستخدام بعناية مع الاهتمام الخاص بجميع التحذيرات والتعليمات التي يتضمنها.
- يمنع استخدامه من قبل الأطفال ويحفظ بعيداً عنهم.
- يجب استبدال اللاصقة إذا تلفت أو تشوهت أو فقدت.
- يمنع تقريب اليدين والقدمين والشعر من جميع الأجزاء المتحركة.

注意

- 滥用本产品有造成严重伤害的可能。
- 使用前请阅读使用说明，遵守其中的有关注意事项和操作规定。
- 不要让儿童使用本产品或在产品周围玩耍。
- 若标签受损、印刷模糊或无标签，则应更换标签。
- 使手、脚和头发远离运动的部位。

ENGLISH

This product is DIS compatible.

You have chosen a piece of fitness equipment by DOMYOS. We thank you for your confidence in us. We have created the DOMYOS brand to provide a way for all athletes to stay in shape. This product has been designed by athletes for athletes. We would be pleased to receive your comments and suggestions concerning DOMYOS products. Therefore, your store team is ready to listen, as is the DOMYOS products design department. You can also find us at www.DOMYOS.com. We wish you successful training and hope that you will enjoy using this DOMYOS product.

PRESENTATION

This product is a new-generation fitness device. It is equipped with a magnetic resistance system for optimal, silent and smooth pedalling comfort. This product combines the circular movements of cycling, the horizontal movements of running and the vertical movements of stepping. The elliptical movement of your legs combined with arm movements develops your buttock muscles, quadriceps, calves, back muscles, pectorals and biceps. The elliptical bike is an excellent form of cardiovascular exercise. The elliptical device helps you to tone your legs, buttocks and upper body (chest, back and arms). Your calf muscles and lower abs are also involved in the workout. You can concentrate work on your buttocks by pedalling backwards. Training on this apparatus will increase your cardiovascular capacity. This will help to improve your physical fitness and your endurance, and you will also burn calories (a necessary step in losing weight, in conjunction with a diet).

WARNING

Getting into shape must be done in a CONTROLLED manner. Before beginning any exercise program, consult your doctor. CThis is especially important for people aged over 35 or who have previously had health problems, and those who have not done any sport for a number of years. Read all instructions before use.

SAFETY

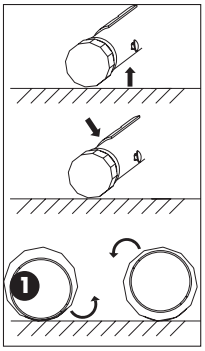
To reduce the risk of serious injury, please read the following important user precautions before using the product.

1. Read all the instructions in this manual before using the product. Only use this product in the manner described in this manual. Keep this manual for the entire life of the product
2. The owner is responsible for ensuring that all users of this product are properly informed as to how to use this product safely
3. DOMYOS cannot be held liable for claims of injury or damage sustained by any person or property originating from the use or misuse of this product by the purchaser or by any other person. Do not use this product in a commercial, rental, or institutional setting.
4. This device complies with European standards (standard CE, standards (EN-957-1 and EN 957-9 category HC) concerning fitness equipment in domestic, non-therapeutic use (equivalent to GB17498). Do not use this product in a commercial, rental, or institutional setting.
5. Use the product indoors on a flat surface in a dry, dust-free uncluttered place.
6. Ensure that you have enough space to access and move around the device safely. Do not store or use this product outdoors.
7. It is the user's responsibility to inspect and if necessary tighten all parts before using the product.
8. Immediately replace any worn or defective parts.
9. Any assembly or disassembly of the product should be carried out with care.
10. Do not modify your product
11. If your product deteriorates, do not use it any longer and take it to your Decathlon store.
12. Do not store this product in a damp place (e.g. edge of a pool, bathroom etc.)
13. For its protection, cover the floor under the product with a suitable floor mat, available in Decathlon stores.
14. Never allow more than one person to use the product at any one time.
15. Keep your hands and feet away from moving parts
16. Keep your back straight while exercising.
17. Put your hair up so that it does not get in the way during exercise
18. DO NOT wear loose or baggy clothing, since it may get caught in the machine.
19. Always hold the fixed handlebars while climbing onto or off the product.
20. Keep children and pets away from the product at all times
21. There are many factors that may affect the precision of the readout from the pulse sensor; it is not a medical device..
22. TIt is designed merely to help you determine your approximate heart rate.

Medical warning

23. People wearing a pace maker, a defibrillator, or any other electronic implant are advised that they use the pulse sensor at their own risk.
24. Before the first use, a test exercise under the supervision of a doctor is thus recommended.
25. Pregnant women are advised not to use the pulse sensor.
26. Before any use consult your doctor.
27. As you finish your workout, gradually reduce your pedalling speed until the pedals come to a complete stop.

ADJUSTMENTS



1 LEVELLING THE BICYCLE

WARNING : you must get off the elliptical bike to adjust the level of the product.
In the event that the bike becomes unstable during use, turn one or both of the level adjusters until the bike is stable.

2 ADJUSTING THE RESISTANCE

According to the EN (European Norm) definition, this product is an item of "pedal crank training equipment".
You can adjust the braking torque not only with your pedalling speed but also by manually choosing your resistance level (by turning the torque control knob on non-motorised products and by pressing the +/- buttons on motorised products).
However, if you retain the same level of resistance, the braking torque will increase/decrease as your pedalling speed increases and decreases.

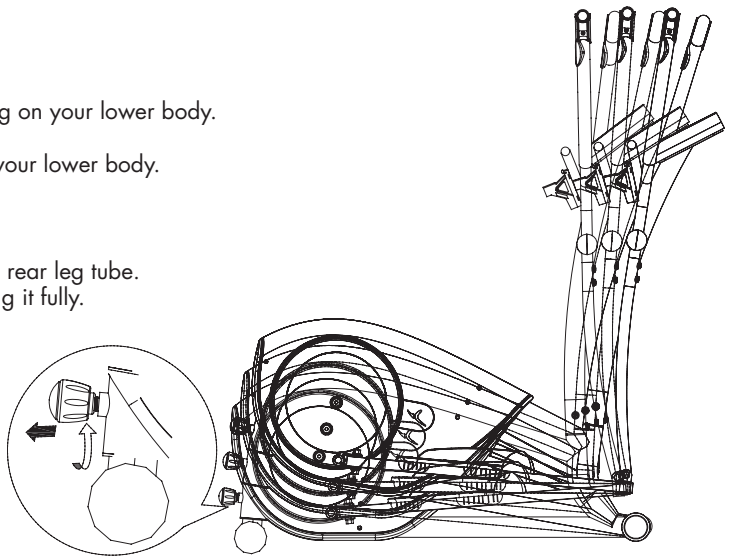
3 ADJUSTING THE GRADIENT

You can adjust the gradient of your elliptical bike by adjusting the height of the rear leg.
You have three preset positions:
Low position = 0 degrees
You will exercise your upper and lower body identically.
Intermediate position = 5 degrees
You will work more intensely on your upper body while still working on your lower body.
High position = 10 degrees
You will work intensely on your upper body while still working on your lower body.
To change the gradient of your bike:

1. Get off your bike
2. Stand behind your bike
3. To adjust the height, unscrew and pull the knob on the rear leg tube.

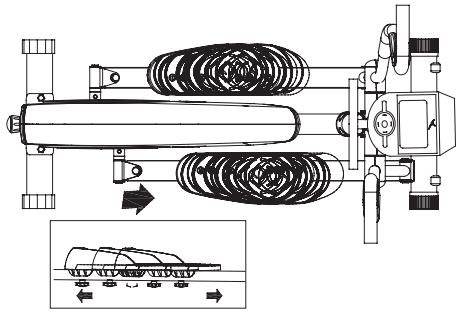
Adjust the gradient and reinsert the knob in the rear tube, tightening it fully.

Important:
Make sure that you put the knob back into place in the rear leg tube and tighten it completely.
Never exceed the maximum height of the rear leg tube.



4 ADJUSTING THE POSITION OF THE PEDALS

You can adjust the position of the pedals during assembly.
You have three adjustment positions:
Forward: closest to the handlebar.
Centre.
Rear: furthest from the handlebar.
The optimal set position is the central position.
However, in order to boost performance and best adapt to your body shape, this setting will optimise your position on the elliptical bike.
The forward position will perfectly suit people under 175cm in height and the rear position will particularly suit people over 185cm in height.



MOVING THE PRODUCT

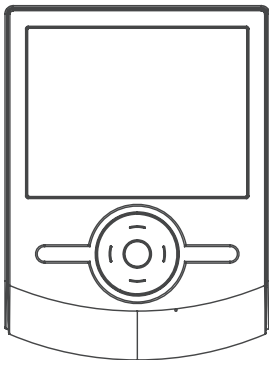
WARNING : You must get off the elliptical bike to move it in any way.
Standing on the floor in front of your product, hold the handlebars and pull the bike towards you. The product is then resting on the castors and you can move it. When you have finished moving it, move down to the floor with the rear legs.

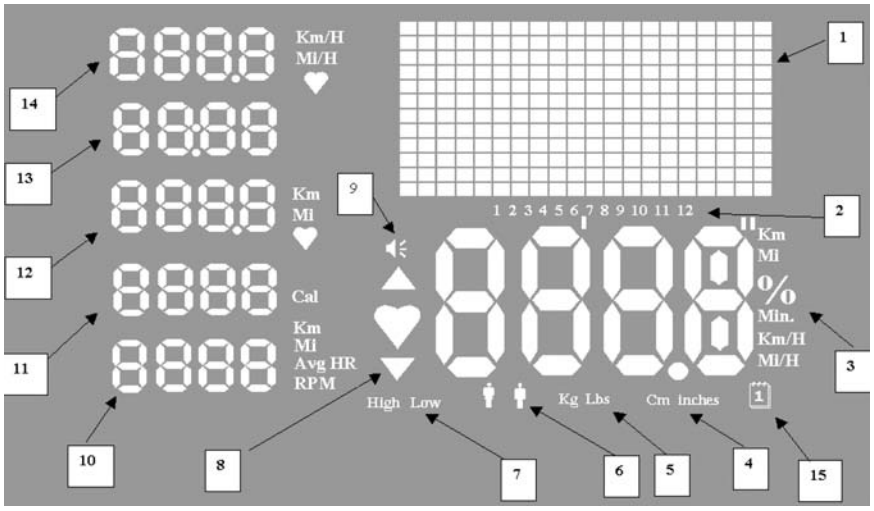
MAINTENANCE

Use a soft cloth to remove dust.
Persistent stains (like sweat) can be removed with a slightly damp cloth.

FC600 CONSOLE

DISPLAY





1. Programme display zone – MAIN SCREEN
2. Indication of programme selection
3. 3. Display of SPEED, DISTANCE, or HEART RATE, according to the display choice made by the user.*
4. Indicator not used on the FC600
5. Indicator not used on the FC600
6. SEX selection indicator (Male/Female)
7. Indicator for target heart rate setting :
   HIGH (100% of max. value)
   LOW. (70% of max. value)
8. Display of the output for target heart rate zone.
9. Indicator for activation of sound warning for target heart rate zone output.
10. Display of DISTANCE covered
11. Estimation of CALORIES expended (Cal)
12. Display of DISTANCE or HEART RATE, according to the display choice selected by the user on the main screen.
13. Display of countdown; default setting is 20 minutes (duration can be set at between 10 and 180 minutes, in intervals of 5 minutes).
    a. If time remaining is over 1h ➡ Display HH : MM
    b. If time remaining is under 1h ➡ Display MM : SS

If you do not pedal for more than 5 seconds, the countdown timer and the CALORIE counter both stop.
The countdown and the CALORIE counter restart as soon as pedalling recommences.

14. Display of SPEED or HEART RATE, according to the display choice selected by the user on the main screen.
15. Indictor of selection of user's AGE.

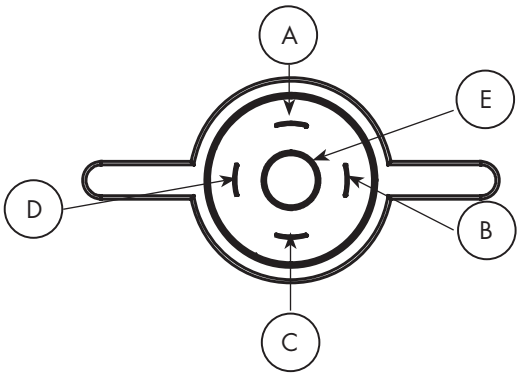
* The user can change the display during exercise by pressing button B or D.

Resetting the product :
The product goes into standby mode after about 10 minutes of inactivity.
The indicators are reset to 0 when the product goes into standby mode (the data is not saved).
The counter is activated as soon as the pedals start turning or if one of the buttons is pressed.

BUTTON FUNCTIONS

The navigation system for your FC600 console consists of:

- a central adjustment and confirmation button (E)
- two buttons enabling you to navigate the screens (B and D)
- two value adjustment buttons (A and C)



FUNCTIONS

Speed: This function indicates estimated speed, either in km/h or mph, depending on the position of the switch at the rear of the product (see diagram).

Distance: This function indicates estimated distance since the beginning of the exercise session.
This can be displayed in km (kilometres) or M (miles) depending on the position of the switch on the rear of the product.

Time: This function indicates how much time has elapsed since the beginning of the session; this indication is in Minutes : Seconds (MM : SS) for the first hour, then it switches to Hours: Minutes (HH : MM)

Calories: This function displays an estimation of calories expended since the beginning of the exercise session.

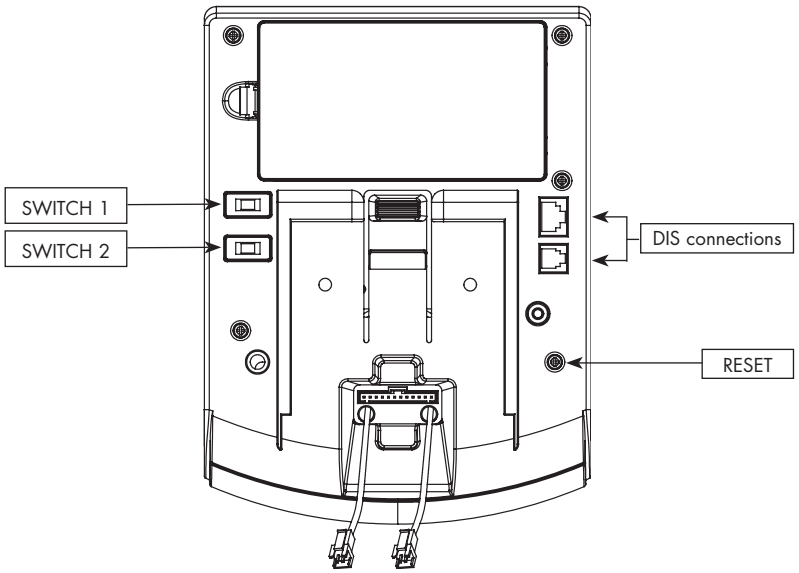
Heart rate*: Your heart rate is measured by the pulse sensors on the handlebars. Your heart rate is displayed in beats per minute.

***Please note:** This figure is only an estimate and it should under no circumstances be considered medically reliable.
***Please note:** For a period of around 30-40 seconds, or when there is a sudden change in heart rate, the value displayed may not correspond to your actual heart rate. This is due to the mechanism starting up.
***Please note:** A strong magnetic field may cause the number of heartbeats counted to be affected.

SETTINGS BEHIND THE CONSOLE

Switch 1: Selection of type of apparatus that you are using with the console: VM (magnetic bike) — VE (elliptical bike)

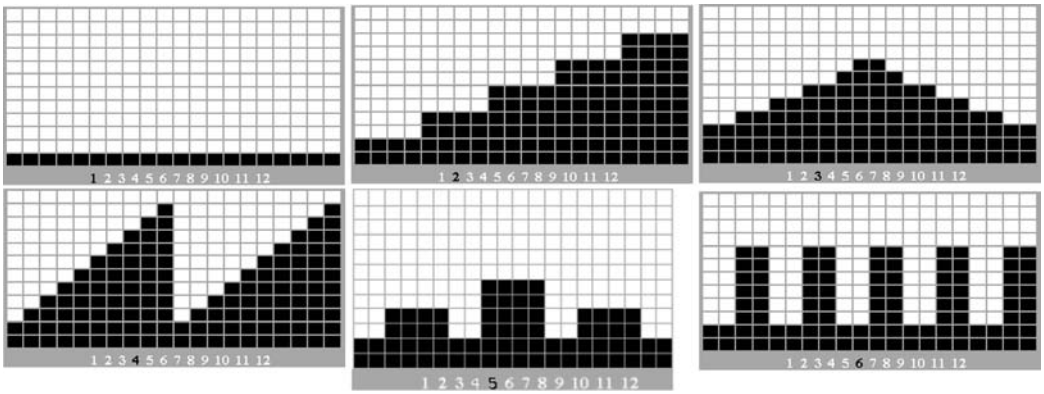
Switch 2: Selection of unit of measurement for DISTANCE.
MI (Miles) — KM (Kilometres)



PROGRAMMES

Reminder: holding down button E stops the current programme.
You can scroll through the programmes by pressing buttons B and D. Select them using button E.

Programmes 1 to 6
Select your exercise time with buttons A and C, and confirm with button E. Once the programme has started, you can increase the intensity of the exercise with buttons A and C.



SETTING

To enter setting mode, hold down button E when the screen displays the word SEL.

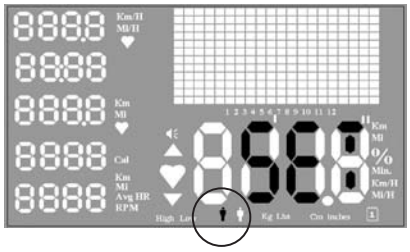
If you have not started your exercise, holding down E will take you directly to setting mode.
If you were in the middle of a training session, holding down E will halt the current programme. The word STOP will be displayed on the main screen for 15 seconds. During this time you will see the data from your last training session displayed on the screen. The screen will then display the word SEL. Hold down E again to go to setting mode.

In setting mode, you can enter your SEX, AGE and WEIGHT. The device then offers you a target heart rate zone, which, by default, is a maximum of 100% of the recommended heart rate and a minimum 70% of this maximal value. You can alter these 2 values using buttons A and C.

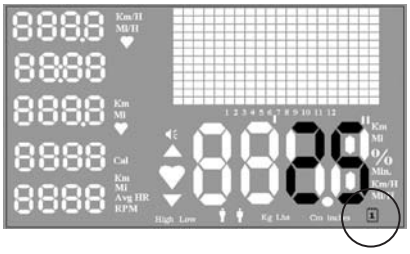
You can increase or decrease these values by pressing buttons A and C. Pressing continuously on the buttons allows you to scroll through the values more quickly.

Button B allows you to confirm your selection and move on to the next setting. If you make a mistake, you can use button D to take you back to the previous screens.

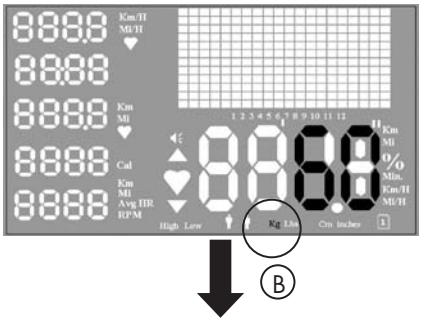
Setting your Sex (Male/Female)



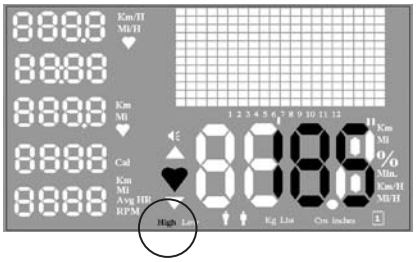
Setting your age



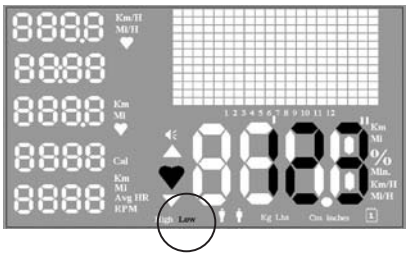
Setting your weight



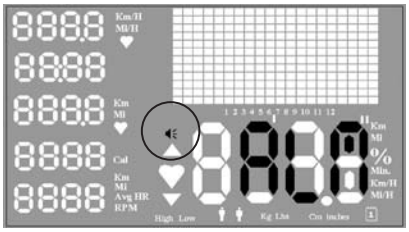
Max target heart rate



Min target heart rate



Activating/deactivating the alarm warning you that you are exiting your target heart rate zone.



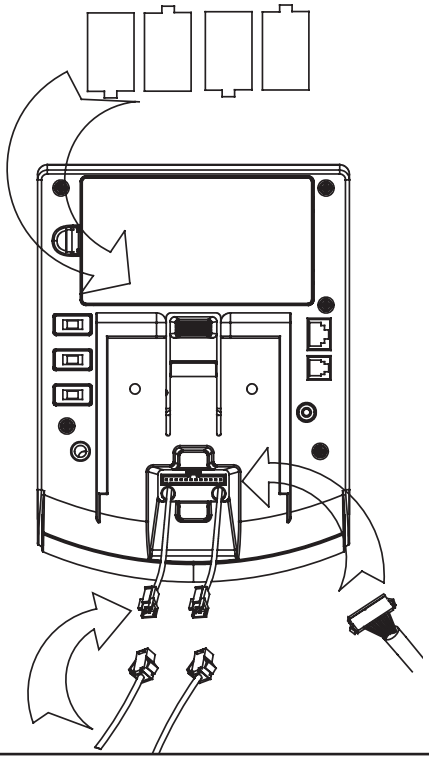
USE

The console is mains and / or battery operated.
The console switches off after 10 minutes of inactivity.
We advise you to remove the batteries if you are not going to use your console for a long time or if you regularly use it connected to the mains.

BATTERY INSTALLATION

1. Lift the console out of its support, remove the battery cover located at the back of the product, and place four LR14 (1.5 V) batteries in the battery compartment behind the screen.
2. Make sure the batteries are installed correctly and are flush with the springs.
3. Put the battery compartment lid back on and check to ensure that it is secure.
4. If the display is illegible or incomplete, remove the batteries, wait 15 seconds and then put them back in.
5. If you remove the batteries, the computer memory is erased.

RECYCLING :
LThe "crossed-out bin" symbol indicates that this product and the batteries it contains cannot be disposed of with household waste. They are subject to specific sorting. Take the batteries and your unusable electronic product to an authorised collection area for recycling. Recycling your electronic waste will protect the environment and your health.



TROUBLESHOOTING

- If you note abnormal distances or speeds, check that the switch behind the console is in the VM position for magnetic bikes and VE for elliptical bikes. Press the RESET button so that the change takes effect.

- On magnetic bikes each turn of the pedals corresponds to a distance of 4 metres, and on elliptical bikes 1 movements corresponds to a distance of 1.6 metres. (These values correspond to average distances on a bike or walking.)

- If the heart rate indicator (3,12,14) is not flashing or is flashing erratically, check that your hands are positioned properly and that the sensors are not too moist.

- If you note that the counter does not display the correct units of distance, check that the switch behind the console is in the Mi position to display in miles, or in the Km position to display in kilometres. Press the RESET button so that the change takes effect.

If the counter does not turn on :
- If you are using the battery: check that the batteries have been placed in the correct +/- position.
- If the problem persists, start again with new batteries.
- If the bicycle is connected to the mains: check that the adaptor is correctly connected to the bicycle.
- In both cases, check that the cables are correctly connected behind the console and where the stem set joins the main frame of the bicycle.

If the problem persists: Bring the product back to the nearest DECATHLON store.

If a noise emanates from inside the casing or you cannot adjust your intensity level when in manual mode, do not try to repair it. Bring the product back to the nearest DECATHLON store.

Only use the product with the adaptor supplied.

CARDIO-TRAINING

Cardio training is aerobic exercise (muscle development using oxygen); it enables you to improve your cardiovascular capacity.
More specifically, you improve the tone of your heart muscle and blood vessels.
Cardiovascular training takes oxygen from the air you breathe into your muscles.
The heart pumps this oxygen throughout the entire body, and especially to the muscles that are doing the work.

CONTROL YOUR PULSE RATE

Taking your pulse regularly while exercising is essential for controlling your training.
If you don't have an electronic measuring instrument, this is how you do it :
To take your pulse, place 2 fingers over :
your neck, beneath the ear, or inside the wrist next to the thumb
Don't press too hard :
Pressing too hard lessens the blood flow and can slow down the heart rhythm.
After counting the beats for 30 seconds, multiply by 2 to get the number of beats per minute.
Example :
A count of 75 beats gives 150 beats/minute

PHASES OF PHYSICAL ACTIVITY

A – Warm-up phase: progressive effort

The warm-up is the preparatory phase for exercise and gets your body COMPLETELY READY to start working out.
It is a way to PREVENT INJURIES TO TENDONS AND MUSCLES.
It involves two stages:
WAKING UP THE MUSCULAR SYSTEM, AND OVERALL WARM-UP.

1) You wake up your muscles with a SERIES OF SPECIFIC STRETCHES that PREPARE YOU FOR EXERCISE: every muscle group is used, and the joints are stimulated.
2) The overall warm-up makes it possible to put the cardio-vascular and respiratory system into action gradually, for a better blood supply to the muscles and better preparation for the exercise. It should be long enough: 10 minutes for a recreational sport, and 20 minutes for a competitive sport. Note that you should warm up for longer: in the morning and if you are over 55.

B – Training

The workout is the main phase of your physical activity.
By working out on a REGULAR basis, you can improve your physical fitness.
- Anaerobic work for improving endurance.
- Aerobic work for improving cardio-pulmonary strength.

C – Warming down

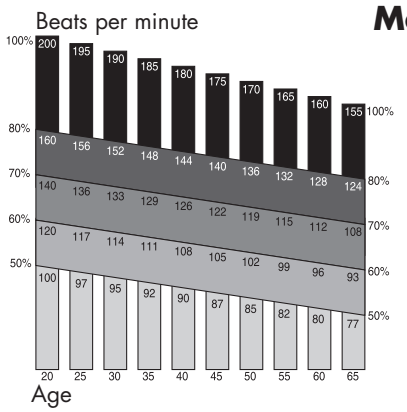
This corresponds to low-level activity; it is the gradual "resting" phase. WARMING DOWN returns your cardiovascular, respiratory and circulatory systems and your muscles to normal functioning (thereby preventing undesirable side effects such as the build-up of lactic acid, which is one of the major causes of muscle pain namely, cramps and stiffness).

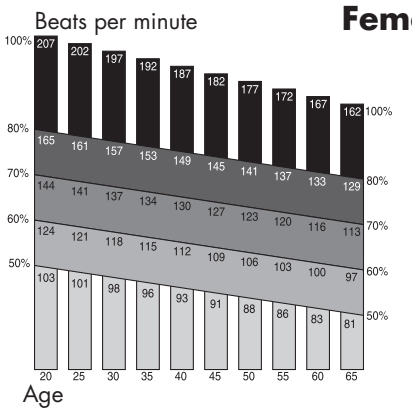
D - Stretching

You should stretch after warming down. Stretching after exercise: Minimises MUSCULAR STIFFNESS caused by the build-up of.

CARDIOVASCULAR TRAINING: EXERCISE ZONE

- Training at 80 to 90% and over of maximum heart rate: Anaerobic and red zones reserved for competitive, specialist athletes.
- Training at 70 to 80% of maximum heart rate: Endurance training.
- Training at 60 to 70% of maximum heart rate: Getting fit/Burning off fat.
- Training at 50 to 60% of maximum heart rate: Staying in shape/Warm-up.





If your age differs from those given in the table, you can use the following formulae to calculate your maximum heart rate which corresponds to 100%.
For men: 220 - age
For women: 227 - age

USE

If you are just starting out, begin by exercising for several days at a low resistance and speed, without forcing it, taking breaks if necessary. Gradually increase the number or duration of the sessions.

Maintenance/Warm-up: Gradual effort starting with 10 minutes.
For maintenance work to keep yourself in shape or get back into shape, you can train every day for about ten minutes.
This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity.
To increase muscle tone in the legs, choose a greater resistance and increase the duration of the exercise.
Obviously, you can vary the pedalling resistance over the course of your workout.

Aerobic exercise for getting into shape: Moderate effort for a relatively long time (35 minutes to 1 hour).
If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do so, there is no need to push yourself beyond these limits. Training on a regular basis is what will produce the best results.
Choose a relatively low pedalling resistance and do the exercise at your own pace, but for at least 30 minutes.
This exercise should cause you to build up a mild sweat, but it certainly should not leave you out of breath.
It is the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you pedal for more than about thirty minutes at least three times a week.

Aerobic training for endurance: Sustained effort for 20 to 40 minutes.
This type of training aims to strengthen the heart muscles significantly and improve respiration.
Pedalling resistance and/or speed is increased in order to increase breathing speed during the workout session.
This type of exercise is more sustained than when you are working out to get into shape.
Little by little, as you train, you will be able to work out for longer, at a faster pace or with a higher resistance.
You can do this type of workout at least three times a week.
After each workout, set aside several minutes to pedal at a lower speed and resistance, to slow down and gradually relax your body.

WARRANTY

DECATHLON guarantees the materials and workmanship of this product under normal conditions of use for 5 years for the structure and 2 years for parts subject to wear and tear and for workmanship, starting at the date of purchase as indicated by the date on the till receipt.

DECATHLON'S obligation with regard to this guarantee is limited to the replacement or repair of the product, at the discretion of DECATHLON.

All products for which the warranty is applicable must be received by DECATHLON at one of its approved facilities, delivery prepaid, accompanied by adequate proof of purchase.

This warranty does not apply to cases of:
- Damage caused during transport
- Improper or abnormal use
- Repairs carried out by technicians not accredited by DECATHLON
- Use for commercial purposes

This warranty does not exclude any legal guarantees applicable according to country and/or province.

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